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OF VANDALUR

NCIATRI 23 ABSTRACTS 20

Editors

**Ansar E. B., Dhanya P. R., Jisha K. C., Kesavan K.
Lathif Penath, Mohammed Areej E. M. & Sheena P. A.**



NCIATRI²⁰²³ **ABSTRACTS**

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Emotion Regulation, Coping Abilities and Cognitive Flexibility Among Service Oriented Youth Organisation Members and Non Members

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The present study aims to assess the difference in emotion regulation, coping ability and cognitive flexibility of members of official service-oriented youth organisations from that of non-members. Emotion regulation is the ability to accept control over one's own emotional state. It may involve behaviours. Such as rethinking a challenging situation to reduce anger and anxiety, hiding visible signs of sadness or fear or focusing on reasons to feel happy or calm. Coping abilities are the methods a person uses to deal with stressful situations. This may help a person to face a situation, take action, and be flexible and persistent in solving problems. Cognitive flexibility is the readiness with which one can selectively switch between mental processes to Generate appropriate behavioural responses. A total sample of 200 emerging adults (18-22) were taken. The samples were divided into 100 members of the service-oriented group and 100 non-members. Emotion regulation questionnaire (ERQ). Coping scale and Cognitive flexibility inventory(CFI) were used as measures of study along with a self-made personal data schedule which includes name, age, gender, qualification, whether members of an official youth organization or not were collected without any other details. Data was collected according to cluster sampling technique. The collected data was analysed using SPSS statistical tools and appropriate statistical techniques such as descriptive statistics and independent T test were used. The major findings of the study include that there is no significant difference between emotion regulation coping ability and cognitive flexibility of members and non-members of official service-oriented youth organizations.

KEYWORDS: Emotion Regulation, Coping Ability, Cognitive Flexibility, Youth Organisation Members, Non-members.